

MENUS THAT HELP THE FOOD ADMINISTRATION



By VIRGINIA CARTER LEE

WITH the bumper potato crop this year, the careful housekeeper will use potatoes generously when planning her wartime menus. Try serving them occasionally for breakfast or luncheon, especially on the wheatless days. They take the place of bread and thus help to save the wheat.

Potatoes, it is said, can be served in nearly one hundred different ways. With a little experimenting they will afford variety to the daily menu, help to conserve the wheat supply and reduce the cost of the weekly food supply.

In the menu for the coming week (planned for an estimated expenditure of \$12 for four persons) two wheatless and two meatless days are included. Also, considering the present high prices for milk, butter and eggs, the use of these expensive products has been cut to a minimum.

Utilize the left-over Italian macaroni for stuffing the peppers used for Tuesday's luncheon. Skimmed milk (the

cream of which has been used for coffee and cereal) will serve to make the farina pudding and vanilla junket.

Particular attention is directed to the Scotch dessert and the mock pumpkin pie, both of which are novel. Remember that in making pastry clarified butter should be utilized in making the pastry for the cranberry pie, deep apple tart and the mock pumpkin pie.

Apples, which are now at their cheapest and best, also enter largely into the making of desserts. These should be of the tart, cooking variety, and the cores and parings can be made into small quantities of apple jelly for use later on when the fruit becomes higher in price.

In purchasing the supplies for the week, one pound and a quarter of chopped beef, at 30 cents a pound, will be required for the Hamburg steak; two pounds of stewing mutton, at 18 cents a pound; half a pound of dried beef, at 45 cents a pound; one pound of ham (in a slice) at 35 cents a pound, and a four-pound fowl for fricassee, at 28 cents a pound.

Fish purchases will include two pounds of pan fish, at 18 cents a pound; one pound of codfish, at 18 cents a pound, and one pound and a half of mackerel, at 25 cents a pound.

Two pounds of table butter, at 50 cents a pound (for table use only); half a pound of oleomargarine, at 25 cents a pound; four quarts and a pint of milk, at 14 cents a quart, and fifteen eggs, at 50 cents a dozen, should complete the marketing and allow ample material for carrying out the menu—provided the supplies are carefully handled.

Approximate prices are given as helps in purchasing the supplies, so that the housewife may keep within the limit of \$12:

Butcher's bill \$2.44
Fish bill92
Milk64



ECONOMY:
Cost Is \$3.00
A Week for
Each Person



FOOD VALUE:
Each Meal Is
a Well Balanced
Ration

in the centres and brown quickly in a very hot oven.

ESCALLOPED POTATOES

This is another hearty potato dish, and, although it requires careful, slow cooking, it will be found delicious. Peel the potatoes, cut in slices and place in layers in a buttered baking dish. Sprinkle each layer with salt and white pepper and dot with bits of oleomargarine. Pour over sufficient sweet milk to cover and set the dish in a moderate oven. As soon as a white skin forms over the top, stir it down into the milk. Continue doing this until the potatoes are cooked and the milk is reduced to a thick cream; then brown over quickly and serve in the baking dish. This is cooked in the same manner as "poor man's rice pudding."

CORN SALAD

This is a rather unusual salad, and it is very good. Drain half a pint jar of canned corn cut from the cob; chill on the ice and mix with two table-spoonsful of chopped sweet pickle and one table-spoonful of chopped pimientos. Moisten with a dressing made like French dressing, save that in place of the plain vinegar the spiced vinegar drained from the pickle is used. Arrange in individual portions in nests of white lettuce leaves.

SCOTCH DESSERT

Bring a quart and a pint of water, salted to taste, to a boil and stir in a generous cupful of oatmeal. Cook, stirring constantly until well thickened, then turn into the upper part of a double boiler and cook for one hour or longer. Have in readiness eight good sized apples, peeled and cut into small pieces. Add these to the cooked oatmeal, with a table-spoonful of sugar and a table-spoonful of powdered cinnamon. Cook for three or four minutes longer and turn into a bread pan.



When cold and firm unmoild, cut in slices and fry crisp and brown in a little hot clarified beef dripping. Serve with hard sauce.

MOCK PUMPKIN PIE

This pie is made from four large sweet potatoes, which must first be cooked with the skins on, then peeled and sliced. Line a pie plate with pastry, put a layer of the potatoes in the bottom and sprinkle with half a cupful of sugar and a quarter of a cupful of oleomargarine, cut into bits. Mix together one table-spoonful of ground cinnamon, two table-spoonfuls of flour and half a table-spoonful of ground allspice, and dust the first layer of potatoes with half this mixture. Arrange another layer of potatoes, treat in the same manner as the first, and pour in one table-spoonful of vinegar and one small cupful of water. Cover with a top crust, make several incisions for the steam to escape, and after brushing over with a little beaten egg, bake in a quick oven.

Butter and butterine..... 1.13
Eggs..... .65
Groceries, including fruit and vegetables..... 6.22
Total..... \$12.00

Tested Recipes

CORNMEAL APPLE MUFFINS

Cream together two table-spoonfuls of oleomargarine and a scant half cupful of sugar. Add one lightly beaten egg, three-quarters of a cupful of sweet milk and one cupful each of cornmeal and wheat flour that has been mixed with three table-spoonfuls (heaping) of baking powder and a quarter of a tea-spoonful of salt. Beat the batter hard, stir in three-quarters of a cupful of finely chopped peeled apples and bake

THE MENUS given this week are based upon a food budget which allows \$12 a week for a family of four.

These, like the ample menus based on an expenditure of \$16 a week for the food supply of the same number of persons, are founded upon the advice Mr. Hoover is endeavoring to impress upon the minds of American housewives. Inexpensive dishes are chosen because the high cost of living is so serious a problem that no one can afford to ignore it. The foodstuffs employed are those which we are urged to consume at home in order to increase the supply of staples needed by our allies and by the famine-stricken countries of Europe. Yet, as you will see, the menus are neither insufficient nor monotonous, and all the necessary food values are provided at each meal.

in greased muffin pans for twenty-five minutes.

BAKED STUFFED POTATOES WITH BACON

While it is every housewife's duty to push the bumper potato crop, this breakfast dish will be found hearty and satisfying, and at the same time inexpensive. Select potatoes of uniform size, wash well and bake. When done, cut in halves, scoop out the interiors and mash, adding for each four potatoes three slices of minced cooked bacon, paprika and salt to taste, four table-spoonfuls of the hot bacon dripping, a table-spoonful of chopped parsley and sufficient milk to beat up lightly. It should be of the consistency of creamy mashed potatoes. Fill into the potato skins, heaping the mixture up

Monday	Tuesday (Wheatless Day)	Wednesday (Meatless Day)	Thursday	Friday (Meatless Day)	Saturday (Wheatless Day)	Sunday
BREAKFAST Steamed Cereal with Dates Cornmeal Apple Muffins Coffee	BREAKFAST Baked Apples Uncooked Cereal (wheat) Panned Potato Cakes Coffee	BREAKFAST Uncooked Cereal with Prune Pulp Creamed Eggs with Pimientos Buttered Rye Bread Toast Coffee	BREAKFAST Baked Bananas Fried Beef (dried) Potato Scones Coffee	BREAKFAST Sliced Oranges Uncooked Cereal Buckwheat Cakes Brown Sugar Syrup Coffee	BREAKFAST Stewed Prunes Fish and Potato Hash Thin Indian Corn Bread Coffee	BREAKFAST Halved Grapefruit Parsley Omelet Fried Hominy Coffee
LUNCHEON Baked Stuffed Potatoes with Bacon Orange Tapioca	LUNCHEON Baked Peppers Celery Corn Pone Apple Whip	LUNCHEON Cheese and Hominy Fritters Graham Biscuits Grape Marmalade Lettuce	LUNCHEON Cream of Corn Soup Crontons Baking Powder Biscuits with Maple Syrup Cocoa	LUNCHEON Vegetable Salad Hot Corn Bread Vanilla Junket Cocoa	LUNCHEON Baked Beans Reheated Corn Bread Sweet Pickles California Grapes	LUNCHEON OR SUPPER Tomato Rarebit Celery Buttered Graham Bread Toast Jellied Fruit
DINNER Broiled Hamburg Steak smothered in Onions Italian Macaroni French Dressing Coffee Granite	DINNER Clear Tomato Soup Fried Small Fish Escalloped Potatoes Rice Pudding	DINNER Onion Soup Baked Beans (without pork) Brown Bread Cranberry Pie	DINNER Pilaff of Mutton with Rice Brussels Sprouts French Toast with Jelly	DINNER Planked Mackerel with Potato Border Escalloped Tomatoes Celery Deep Apple Tart	DINNER Vegetable Soup Slice of Braised Ham Candied Sweet Potatoes Spinach Corn Salad Scotch Dessert	DINNER White Fricassee of Fowl Mashed Potatoes Fruit Salad Mock Pumpkin Pie

Efficiency: These Devices Lighten Housework

Economy and Cleanliness Combined

IN VIEW of Mr. Hoover's appeal to hotels and restaurants and housewives to save sugar, the Spengler Sugar Server is a most timely and interesting device.

It is a rather slender glass jar, flaring a little at the bottom, with a nickel device at the top that allows a reasonable teaspoonful of sugar to pour out when the jar is tipped.

The gain in economy and cleanliness through the use of this device is apparent. The manufacturers claim that its use will reduce the consumption of granulated sugar in a hotel 25 per cent, and in view of the fact that the waste of granulated sugar in such a place is almost as flagrant as the waste of butter this would not seem to be an extravagant assertion.

In the kitchen it serves not only as a dust tight and fly tight container, but also as a convenient measure of sugar used in seasoning a dish that is cooking. With this at hand it would be impossible for even the most careless cook to thrust a soiled spoon into the sugar bowl every time she wished to season some dish.

The restaurant size of the sugar server is equipped with a base made of white rubber which does away with both noise and the danger of breakage.

Made by the Spengler-Loomis Manufacturing Company, 55 East Washington Street, Chicago.

Spengler Sugar Server for restaurant, home or hotel use. Standard size for restaurants, complete with rubber base, 75 cents; Size No. 60, capacity 60 teaspoonful, 60 cents; Size No. 30, capacity 30 teaspoonful, 60 cents; Size No. 15, capacity 15 teaspoonful, 50 cents.

THE HOUSEKEEPER'S BOOKSHELF

From Time to Time We Review in This Department Such Books as May Profitably Be Added to the Housewife's collection. We Welcome Requests for Information and Will Gladly Furnish Lists of Books Already Reviewed.

HOUSEHOLD DISCOVERIES AND MRS. CURTIS'S COOKBOOK. By Sidney Morse. Published by the Success Company's Branch Offices, Petersburg, N. Y.; Toledo, Ohio; Oklahoma City, Okla.; Danville, Ill. and San Jose, Cal. Prices, including supplement: Cloth binding, \$3.50; Fabricoid or Washable Leather binding, \$3.95.

HINTS ON MENUS AND MENU-MAKING, TABLE SERVICE, CATERING, CARVING, ETC., FOR THE WOMAN WHO ENTERTAINS. By Sidney Morse. Price, if purchased separately, \$1.50.

A VERITABLE "Book of Knowledge" for the housekeeper is this tome of 1,205 pages, with all its information (from facts about absorbents and acetylene gas, adulteration of food and ammonia for household use, to recipes for Yorkshire pudding and the mysteries of white zinc paint) made accessible by a very copious index.

Recipes, Household Discoveries, Canning Directions, Laundry and Ironing Day, Outdoor Problems, Sanitation and Disinfection, Heating, Lighting and Refrigeration, Preserving and Canning—are some of the chapter heads. The best of the government's experimental work is used as a basis for the advice given.

Not content with this, a supplement has been added, called Hints on Menus and Menu-Making, Table Service, Catering, Carving, etc., for the woman who entertains. In these are found the colored charts issued by the Department of Agriculture, showing in graphic form the food composition of different materials.

Why Did Nobody Ever Think of It Before?

JUST about 90 per cent of the housewives who see the Justrite Sanitary Garbage Pail would ask this question. It is so convenient and so absolutely simple that it seems really rather idiotic not to have thought of it before. The broad ball handle, instead of ending—as all handles do—at the place where it is fastened to the pail, extends to the bottom, so that when the handle is pressed down the ends hook into projections on the cover and automatically lift it wide open. The moment the pressure is released down drops the cover.

When the pail is to be carried the handle is just a plain handle. When it is to be emptied the cover is simply thrown back and the handle lifted.

The pail is made of galvanized steel, and is absolutely plain, so that no projections, ridges or attempted ornamentation are present to catch any extra dirt.

When the pail stands on the floor the handle falls of its own weight into the right position for opening the cover at a pressure of the foot. When the foot is removed the cover automatically drops into place.

This serves several purposes. It eliminates waste motion, leaves both hands free for scraping refuse into the can, and is always so tightly covered as to insure an odorless and fly proof container for garbage.

Made by the Justrite Manufacturing Company, 2061-2081 Southport Avenue, Chicago.

Justrite Sanitary Garbage Pail. Sizes 3, 6, 8 and 10 gallons. Prices, \$2, \$2.50, \$3 and \$3.25.

The Ever Useful Vacuum Bottle

WE THOUGHT there was nothing new to say about vacuum bottles, but not long ago an ingenious housewife sent in a bit of her own experience to the effect that she found the vacuum bottle one of the most useful of kitchen utensils. She could make soup in the morning and keep it hot all day. The same with any hot sauce, gravy or beverage. This helped a lot when it came to a hurried preparation of dinner and considerably extended the already wide and varied usefulness of vacuum bottles.

The vacuum bottle shown here will hold one quart of any liquid. In the tests given in The Tribune Institute laboratory a quart of cold beverage—36.5 degrees F. when put into the bottle—had a temperature of 60.5 degrees after being kept there for seventy-two hours.

A quart of boiling hot coffee, 209 degrees F., when put into the bottle—was found twenty-four hours later to have a temperature of 149 degrees.

The case of this vacuum bottle is made of brown enamelled tin plate. This contains a silver glass vacuum filler, which rests upon a spring steel shock absorber. The nickel plated cap can be used as a drinking cup. The case is easily unscrewed, so that a broken filler may be replaced without the necessity of returning the bottle to the factory.

Made by Landers, Frary & Clark, New Britain, Conn.

Universal Vacuum Bottle No. 22. Prices: Quart size, \$2.75; pint size, \$1.75.



Should any of our readers find that an article has broken down under ordinary conditions before it has given reasonable service the facts should be reported fully to this Institute. Both the manufacturers and this Institute endeavor to present to our readers only those articles that have real merit and are of proper construction so as to give satisfactory service.

The Tribune Institute experts have tested all articles described on this page and know them to equal the claims of the manufacturers. The only unknown element is that of time, for it is obviously impossible to give any article the same wear and tear it would receive during weeks and months of actual usage. The material and construction of each utensil are considered, and it is believed that all described here will give service that is fully satisfactory, although the actual length of wear cannot be guaranteed definitely.

The Tribune Institute

At Your Service

One touch of the foot opens the lid of this garbage can and holds it open while the refuse is put in. When the pressure is removed the handle is used to carry the pail, like any other ball handle.

Three tested articles are shown in the picture below. One is the white enamel table that provides a smooth, durable, sanitary surface for rolling out dough, etc. The second is the vacuum bottle, with its cup. The third is the sugar shaker, which measures out one teaspoonful at a time.



System: Every Business Must Have Its Machinery

or chip makes the table hardly more sanitary than oilcloth or wood.

We have found the "Pemco" table very good in this respect. The top of the table is made of heavy gauge iron, over which the enamel is fused at a very high degree of heat, giving a surface as smooth as a china plate and non-absorbent. The underframe is of wood and the legs are of heavy gauge steel, all finished in white enamel.

One distinguishing feature of this table is rather decorative. Around the edge of the top the enamelling is finished in deep brown, thus giving a band of color that relieves the pure white of the table. The medium size drawer provides a place for small utensils.

Made by the Porcelain Enamel and Manufacturing Company, Eighth and O'Donnell Streets, Baltimore.

Pemco Table. Size 22x24 inches, price \$12; size 28x40 inches, price \$13; size 34x46 inches (two drawers), \$20.

(Other articles which have been tested and endorsed by The Institute are shown in The Tribune Graphic.)

It Has Been My Experience

These Suggestions Are All Contributed by Readers of The Tribune Institute from Actual Housekeeping Experiences. We pay \$1.00 for Each One Printed. Contributors Wish to Have Selected Items Printed. Stamps Must Be Enclosed.

CHRISTMAS FRUIT BASKETS

Save grape baskets to fill with dainties, and see what charming Christmas gifts can be made. Line the baskets with dark green tissue paper and fill them with oranges, red apples, nuts, clusters of raisins, figs, dates, grapes and candy. Small glasses of jelly, home-made cookies, individual mince pies or plum puddings add to the value. On the top of each basket lay a spray of holly and tie a bow of red ribbon to the handle. Such gifts are appreciated by elderly people, by invalids, by friends who are boarding and by others to whom dainties like those mentioned are great luxuries.—J. J. O'Connell, Washington, D. C.

HANG UP THE BATH MAT

Hang your bath mat up when it is not in use. Three little loops of tape, one at each end of the edge and the third in the middle of the same edge, by which it can be hung on hooks on the bathroom wall, will keep the mat cleaner much longer than if allowed to remain on the floor—will dry the mat much more quickly, and will keep it from becoming wrinkled or worn.—J. F. Washington, D. C.

ROASTING CORN FOR PICNICS

To me a new and delicious way of roasting corn on a picnic is to pull back the husks and put in a strip of bacon round the ear, and then replace the husks and roast as usual. The bacon in soaking in, butters and salts the corn both. It is far better than any other way I have ever tried.—L. B. Boston, Mass.

FREEZING CANNED FRUIT

We pack a can of pears in salt and ice. When opened the contents come out solid, making a delicious frozen dessert. Canned peaches or any fruit with a sufficient liquor could be treated in the same way. It is extremely easy to prepare and every one likes it.—H. B. P. Maplewood, N. J.

USE OIL FOR CHAMOIS GLOVES

By putting a teaspoonful of olive oil in the water when washing chamois gloves, it will be found that the gloves, when dried, are much softer and less liable to crack.—J. F. Washington, D. C.